

MONTHLY SORTIE GOALS		
961st Airborne Air Control Squadron		
Monthly flying-hour contract	37.0	
Hours flown	42.7	
Monthly offset	5.7	
33rd Rescue Squadron		
Monthly flying-hour contract	52.0	
Hours flown	42.1	
Monthly offset	-9.9	
109th Air Refueling Squadron		
Monthly flying-hour contract	150.0	
Hours flown	105.5	
Monthly offset	-44.5	
44th Fighter Squadron		
Monthly sortie contract	71.0	
Sorties flown	21.0	
Monthly offset	-50.0	
67th Fighter Squadron		
Monthly sortie contract	160.0	
Sorties flown	53.0	
Monthly offset	-107.0	
Source: 18th MOS/MXOOP, as of May 9		

THE

KADENA

SHOGUN

Vol. 19, No. 17
Kadena Air Base, Japan
Friday, May 13, 2005

WEEKEND WEATHER

TODAY: Mostly Cloudy with Isolated Showers
NE/SE winds @ 7-10 knots
High: 84 Low: 72

SATURDAY: Mostly Cloudy Showers
SW winds @ 15 knots
High: 79 Low: 72

SUNDAY: Mostly Cloudy Showers
NW winds @ 10-12 knots
High: 81 Low: 72

FRIDAY MORNING'S COMMUNITYBANK EXCHANGERATES
BUYING: \$1=Y103 SELLING: Y108-\$1

New rules of engagement

All Wing Airmen to participate in base exercise next week

By Staff Sgt. Jason Lake
18th Wing Public Affairs

No longer is donning chemical protective gear exclusive to Base X.

All 18th Wing Airmen will don gas masks and observe MOPP (mission oriented protective posture) and other force protection measures during the next local operation readiness exercise scheduled May 20-25.

According to 18th Wing Inspector General officials, when Phase II of the exercise begins May 23, all 18th Wing

Mandatory briefing

More detailed information about the upcoming base exercise will be provided to all 18th Wing and participating associate unit Airmen during mandatory briefings at the Keystone Theater, May 16-18 at 7:30 a.m. and 4:30 p.m.

Airmen will be required to wear MOPP-level 2 gear while on-duty regardless of location. During simulated attacks, all Airmen will also don gas masks and follow appropriate MOPP-levels as directed by the 18th Wing commander.

"After 15 minutes, Airmen outside Base X will revert to MOPP-level 2, while Base X remains in MOPP-level 4 until otherwise directed," said Master Sgt. Brad Carder, 18th Wing IG exercises superintendent.

Sergeant Carder said Airmen

should know what MOPP-level to follow by listening to the giant voice system, calling the unit control center or tuning into the Commander's Access Channel on television.

"This expanded participation is about training every Airman," said Col. Richard Zink, 18th Wing vice commander. "We are training aggressively so that all Kadena Airmen remain proficient in their individual protective and Air Force specialty code specific skills to deliver combat airpower in any environment."

BRAC list to be released tonight

Master Sgt. Mitch Gettle
Air Force Print News

WASHINGTON – The secretary of defense is expected to announce the proposed Base Realignment and Closure list during a press conference today.

Air Force officials said they understand the effect BRAC can have on servicemembers, retirees, employees and their families.

To assist people with vital BRAC information, the Air Force will provide a toll-free number, (888) 473-6120, for military and civilian members affected by the BRAC list. Besides the toll-free phone number, the Air Force has an informative BRAC Web page at www.af.mil/brac.

"This number will be available starting May 13 from 8 a.m. to 8 p.m. (EDT) until further notice," said Col. Thomas Fleming, Air Force BRAC response cell director. "We will have trained people from 10 different Air Force organizations to answer or assist with any questions people may have."

Airmen can seek information through their chain of command. They may also contact the public affairs office at their nearest Air Force installation.

BRAC is the congressionally authorized process the Department of Defense uses to reorganize its base structure to more efficiently and effectively support its forces, increase operational readiness and facilitate new ways of doing business.

"People are our most valuable asset; and though BRAC is a careful and impartial analysis, people will be affected," Colonel Fleming said. "We care about our people, and we want to keep our people informed and provide them the best possible information on the changes that will affect them."

The Air Force Web page will have a breakdown of affected bases from the BRAC list, said Jeff Whitted, Air Force News Service operations division chief.

"We will also have links to frequently asked questions, news articles, DoD, and Air Force information concerning BRAC," he said. "As we receive new information, we will post it to this page."

Local communities surrounding these installations will also be affected. Communities can address their concerns with the president's commission at regional BRAC commission meetings or by contacting the commission at (703) 699-2950 for more information. Phone hours are 7 a.m. to 6 p.m. EDT, Mondays through Fridays.

The BRAC process will take months to be finalized. The secretary of defense's BRAC recommendations are not final. The president's BRAC commission will review the list for conformity with the office of the secretary of defense's force structure plan and published selection criteria and report its findings and conclusions to the president by Sept. 8.

Kadena pilots get new training tools



Air Force/Airman 1st Class Stephanie Sinclair
Col. David Freaney, 18th Operations Group commander, watches as a young Kadena member tries out one of the new flight simulators at Kadena's F-15C/KC-135 Mission Training Center May 5.

By Senior Airman
Anna Fitzhorn
18th Wing Public Affairs

You don't need a quarter to play this high-tech video game—but you have to be an 18th Wing pilot.

Kadena pilots can now get critical training using four F-15 Boeing flight simulators that were unveiled recently at the F-15C/KC-135 Mission Training Center here.

Britt Morrison, from the F-15C Mission Training Center said the Boeing Aerospace Operations, Inc. simulators are beneficial to pilots because, with the recent reduction in flying hours, there is less opportunity for pilots to be in the cockpit.

"The simulators provide

realistic training without the use of jet fuel and without putting pilots' lives in danger," he said.

Maj. Harry Benham, 18th Operations Support Squadron director of operations, said until only a few years ago, simulators could only be used for procedural training—such as flipping switches and practicing emergency scenarios or procedures.

"These simulators are programmable to put in any type of enemy aircraft, location, or weather conditions, to set up a scenario we might face in a future wartime area of operation," he said. "It's really a virtual flag exercise in cyberspace."

Major Benham said the

visual effects on the simulators are incredible.

"It's based off satellite imagery," he said. "So if you're flying over Kadena and looking at the golf course, you can see the sand traps and greens—the visual graphics are that good."

Pilots will also be able to link with other F-15C Mission Training Centers like Eglin Air Force Base, Fla., and Langley AFB, Va., and fly with or against pilots from these bases.

"The advantages the simulators will provide to prepare pilots for combat situations and to counter real world threats will be tremendous," Major Benham said. "These simulators will improve our combat capability ten-fold."



Kadena rolls into AEF tempo

By Brig. Gen. Jan-Marc Jouas
18th Wing commander

This month the 18th Wing began transitioning from 'focused preparation' to major engagement in Air Expeditionary Force 5, supporting the Air Force battle rhythm with our share of wartime responsibilities in Iraq, Afghanistan and elsewhere. We've been supporting global requirements year-round through smaller "enabler" taskings-deployments that critically enhance other AEFs-which generally involve a hundred-plus Kadena Airmen deployed at any one time. This, however, is the big one we've been preparing for, with approximately 500 of our Team Kadena warriors deployed or deploying--more than two-thirds to the combat theater of operations. A smaller group-the 67th Fighter Squadron, maintainers and logisticians-is on tap right behind it to support AEF 7 in September, and without slowing down we'll send another large contingent to AEF 10 in January. Supporting these deployments, at the deployed locations and at home, will be our primary focus for the rest of 2005.

Starting late April our Airmen-husbands and wives, mothers and fathers, friends and colleagues-began deploying

for at least four months. Dozens of our Security Forces, Vehicle Operators and others are already serving six-month joint tours with the Army to augment base security and protect daily convoys (manning .50-caliber machine guns, or driving while cradling M-16s or M-4s). This is a dangerous mission our people are setting off to accomplish- our thoughts, our prayers and our confidence go with all our courageous deployers.

The focus for those who remain at home must also be on the families, who, through their sacrifice, enable us to give our best. We must take particular care of these wingmen - our spouses and children - who represent our first layer of support. During the time that their sponsors are deployed, we, as an extended Air Force family, must be *their* first layer of support. This charge falls to all of us, whether it is assistance in getting an oil change or mowing a lawn, or simply an invite to an office function, an off-duty activity or a home-cooked meal. It's a year-round responsibility, but especially during the year ahead of us, every unit, every office, every section should be 'flying wing' for the families of those deployed.

For those Airmen not tasked to

deploy, but still part of the AEF 5 'bucket,' remember that you are still vulnerable for deployment at any time during the next four months - plan accordingly, and be ready for the call. There will also be more work here at Kadena as a result of our deployments. I am not a proponent of doing more with less on a long-term basis. We need to understand that some things, because of available manpower, are just not going to get done. Prioritize the important jobs that need accomplishing first, and sort the "need to do" from the "nice to do." Help yourself by maintaining a current continuity folder and self-inspection checklist - not only will that simplify your job, but it will help you prepare for the unit compliance inspection in October.

During this important time in our nation's history we are all part of and contribute to a team - Team Kadena - and the vital missions we perform here and at our AEF locations. I'm especially proud of those who recently deployed, and those who will deploy during the weeks and months ahead. We are our nation's airpower, and, through our many skills, contribute crucial elements to the combat theater of operations. Keep up the great work, stay ready, and watch your wingman.



It has been...

6 days

since the last DUI arrest on Kadena.

A senior airman from the 18th Operations Support Squadron was recently convicted for driving while intoxicated Feb. 12 with a breath-alcohol content of .177 percent. He received a \$1,000 fine and 60 days confinement.

ACTION LINES

E-mail: 18wg.cchotline@kadena.af.mil



Brig. Gen. Jan-Marc Jouas
18th Wing commander

The 18th Wing is very interested in ideas that can make Kadena an even better place to live, work and play. If you have a concern that you have been unable to resolve through normal chains of command, then we'll look into it. Although not required, it's better to give commanders, first sergeants or the agencies with which you have the concern the opportunity to correct the situation first. When that fails, send us an e-mail. Include your name and telephone number so someone can get back to you, and a brief summary of your concern.

Broadcast in Japanese

During the afternoon and evening the sound on the BBC channel broadcast, through the cable system, is a simultaneous Japanese translation over the top of the original English-language program.

As the intended cable TV audience is not the Japanese population on Okinawa, this is a ridiculous situation.

I have unsuccessfully attempted to solve this matter by visiting Mediatti's Kadena office on several occasions. The problem could be fixed by pressing a button on the remote controller at the satellite receiver box and choosing which language carrier signal to take -- the same as on a Japanese VCR.

However, I have met with everything from indifference (the so-called BBC signal for about a week was actually religious programming, and Mediatti wasn't even aware of it until I brought it to their attention last Monday) to ignorance. One staff member at Mediatti told me there was nothing they could do about it because they take the signal from Hong Kong. More than likely, Mediatti is using the BBC transmission they have contracted for on the Japanese mainland, and they're proba-

bly illegally using it on the Kadena circuit without paying extra for the service.

I work at a site where we receive satellite feeds 24/7. We provided Mediatti with the technical spec's for obtaining a different English-language satellite signal, if indeed the signal they are getting now doesn't allow them to separate the carrier signals so they can get rid of the Japanese voice-over, but nothing changed.

Thanks for your letter that points out where Mediatti can improve its customer service and operations. You're correct that on some occasions Japanese translation is broadcast over English programming. Mediatti has switched the setting on the BBC satellite receiver from the default mode to the disable mode which should prevent any Japanese translation override. Unfortunately this solution is only temporary, as anytime there is a power outage the satellite receiver automatically reverts back to the default setting when power is restored. I've addressed this issue with our support group, and hopefully this problem will not recur. Mediatti is also looking for a different satellite feed in order to eliminate any chance of this problem occurring in the future.



18th Wing Commander...Brig. Gen. Jan-Marc Jouas
Public Affairs Chief.....Maj. Michael Paoli
Deputy Public Affairs Chief.....Capt. Carlos Diaz
PA Superintendent.....Master Sgt. Adam Johnston

Kadena Air Base Editorial Staff

Internal Information Chief...1st Lt. Gerardo Gonzalez
Shogun editor.....Staff Sgt. Jason Lake
Staff writer.....Senior Airman Anna Fitzhorn
Staff photographer.....A1C Stephanie Sinclair

Published by Print 21, a private firm in no way connected with the U.S. Air Force, under exclusive written contract with the 18th Mission Support Group. This civilian enterprise Air Force newspaper is an authorized publication for members of the U.S. military services overseas.

Contents of The Kadena Shogun are not necessarily the official views of, or endorsed by, the U.S. government, the Department of Defense, or the Department of the Air Force. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of Defense, the Department of the Air Force, or Print 21, of the products or services advertised.

Everything advertised in this publication shall be made available for purchase, use of patronage, without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other non-merit factor of the purchaser, user or patron. Editorial content is edited, prepared and provided by the Public Affairs Office of Kadena Air Base. All photographs used in The Kadena Shogun are official Air Force photographs, unless otherwise indicated.

All copy and other printed material is handled by 18th Wing Public Affairs, Building 128, Kadena Air Base, Japan. The mailing address is 18 WG/PAI, Unit 5141 Box 30, APO AP 96368-5141. Phone DSN 634-3457/5665. Fax 634-2344.

The submission deadline for information to be printed in The Kadena Shogun is 4:30 p.m. on Fridays, seven days before the desired print date.

For editorial submissions, send E-mail to kadenashogun.newspaper@kadena.af.mil.

For personal and paid advertising, call Print 21 at 921-2052. Personal free advertisements are offered by Island Market to readers and are printed on a space-available basis. Ad content does not constitute the official views of and are not endorsed by the U.S. government, the Department of Defense, or the Department of the Air Force.



SHOGUN WARRIOR OF THE WEEK



Staff Sgt. Amy Jones

18th Logistics Readiness Squadron customer service liaison

Hometown: Chatham, Va.

Reason for nomination: Sergeant Jones conducted a complete equipment reconsolidation for Headquarters Pacific Air Forces of all Communications Security equipment base-wide in less than 48 hours.

Time at Kadena: 2 years, 6 months

Editor's note : *Shogun Warriors are selected by unit leaders for their outstanding value to their unit and dedication to the Kadena mission. To nominate someone, send the name of your nominee to your unit commander or senior enlisted leaders.*



DON'T DRINK AND DRIVE: Did you know -- The risk of causing an accident for an intoxicated driver is six times greater than that of a non-drinking driver. Plan ahead or call Airmen Against Drunk Driving at 634-2233.

ENERGY CONSERVATION TIP: With air conditioning season in full swing, service-members should add weather stripping to doors and windows to reduce the amount of energy lost to outside air.

SECURITY FORCES TIPS: The 18th Security Forces Squadron reminds all personnel the speed limit while departing Kadena is 15 kilometers per hour. Use caution while driving through the gates and do not change lanes until the automobile's front and rear tires have completely crossed over the tire spike stripes to help prevent accidents and tire damage.

E-MAIL UPGRADES: The Air Force Global Address List will be modernized **today** through **June 3** resulting in e-mail addresses disappearing from the "contacts" list and "personal address book" on Microsoft Outlook. By May 18, e-mail addresses will gradually return to the AFGAL address book. During this period, replying to e-mails received from non-PACAF users may result in receiving a "non-deliverable" notice error. To correct errors or look up addresses visit <https://www.hqpacaf.af.mil/gateway/lookup.cfm> or the "white

pages" at www.my.af.mil. Direct questions to unit workgroup managers or get further details from <https://www.kadena.af.mil>.

KESC MEETING: The Kadena Enlisted Spouses Club will hold a general membership meeting **Monday** at 6:30 p.m. in the Rocker NCO Club Kuba Room.

CHAPEL APPLICATIONS: The Kadena Chapel is accepting applications for Evangelical, Gospel, and Liturgical worship service musicians, General Protestant choir director, assistant Protestant Religious Education coordinator, and Youth Minister intern. Applications must be picked up and submitted to the Chapel 2 main office by **May 23**. Call 634-1288 for more information.

HOSPITAL VOLUNTEERS: The children's waiting room at the U.S. Naval Hospital is looking for volunteers over age 13 from 9 a.m. to 1 p.m. any day of the week. Contact Allison Rad or Lori Goto at 643-8009 or e-mail asymca@oki10.med.navy.mil for more information.

LOST AND FOUND: The 18th Security Forces Squadron currently maintains items of lost and found property. Anyone with lost items such as bicycles, bill-folds, keys, and watches, should contact Investigations Monday through Friday from 7:30 a.m. to 4:30 p.m. at 634-4643.

WOMEN'S HEALTH: The 18th Medical Group will sponsor a women's health fair **Tuesday** from 11 a.m. to 2 p.m. in the 18th Medical Group Clinic Shima-San 3rd floor conference room. Members from the 18th MDG Women's Health Clinic and Camp Lester Navy Hospital OB/GYN will be on hand to answer health-related questions.

MPF HOURS: The Military Personnel Flight will close at 3 p.m. **Thursday** for a commander's call. Personnel needing assistance should plan accordingly. Starting May 16, the MPF hours will change to Monday through Friday from 8:30 a.m. to 3:30 p.m. to prepare for the upcoming unit compliance inspection.

CHANGE OF COMMANDS: Lt. Col. William Lewis assumed command of the 44th Fighter Squadron from Lt. Col. John Bird II in a ceremony held May 6 near the flightline.

-Lt. Col. Christopher Comeau assumed command of the 909th Air Refueling Squadron from Lt. Col. Evin Western in a ceremony held May 6 in the AWACS hangar.

-Lt. Col. Steven Bachelor assumed command of the 18th Equipment Maintenance Squadron from Lt. Col. Peter Markle in a ceremony held Wednesday in Hangar 1.

-Lt. Col. Joseph Yankovich, Jr. will assume command of the 18th Munitions Squadron from Lt. Col. Thomas

Noon in a ceremony **Tuesday** at 9 a.m. in the 18th MUNS storage area.

-Lt. Col. Gary Henderson will assume command of the 33rd Rescue Squadron from Lt. Col. Billy Thompson in a ceremony **Thursday** at 9:33 a.m. in the 33rd RQS hangar, Bldg. 3534.

-Lt. Col. Bradley Hammer will assume command of the 1st Special Operations Squadron from Lt. Col. Joseph Hastings in a ceremony **June 3** at 10 a.m. in Hangar 3560.

PWOC BUILDING BRIDGES EVENT: The Kadena Protestant Women of the Chapel will hold an annual traveling training event for inspiration, information, and building bridges around the world **May 23** from 9 a.m. to 3 p.m. at Chapel 2.

TAX FILING DEADLINE: The deadline to file 2004 tax returns is **June 15** due to an automatic two-month extension for overseas filers. The Kadena Tax Center, Bldg. 1460, is open from Tuesday through Friday from 9 a.m. to 4 p.m. for walk-in service only. Contact the tax center at 634-7784/9889 or visit www.irs.gov for further information.

TRAFFIC MANAGEMENT FLIGHT HOURS: Effective **Monday**, the Traffic Management Flight's Personal Property, Passenger Travel, and Cargo Movements offices will be open Monday through Friday from 8:30 a.m. to 4 p.m.

NCO continues award streak



Courtesy photo

Tech. Sgt. Michael Harris poses for a photo while manning a .50 caliber machine gun at Baghdad International Airport, Iraq, last year. Sergeant Harris recently received an Air Force level award for his accomplishments in 2004.

By Senior Airman
Anna Fitzhorn
18th Wing Public Affairs

One NCO from the 18th Logistics Readiness Squadron is a winner that just keeps on winning.

After taking home the Bronze Star Medal for actions in Iraq last year, Tech. Sgt. Michael Harris, an 18th LRS vehicle operations dispatch support supervisor, received the 2005 Pacific Air Forces Outstanding Airman of the Year in the NCO category and the 5th Air Force Outstanding Airman of the Year.

Most recently, the 15-year veteran was named the Air Force Transportation NCO of the Year.

"When people ask what I did - I simply tell them - I just went to work," said

Sergeant Harris. "I'm really dumbfounded at receiving these recognitions, considering I don't think I've done anything more than the next person."

But what Sergeant Harris has done is definitely impressive.

During his deployment to Balad Air Base, Iraq, Sergeant Harris provided security escort for supply convoys in the area.

His list of accomplishments include being named the first Air Force vehicle operator in the area of responsibility credited with a confirmed enemy kill during a firefight outside Baghdad International Airport, and leading 93 convoys and traveling more than 10,000 miles as convoy commander in Iraq.

"I'm sincerely humbled by

these awards, knowing the huge sacrifices my peers have made over this past year," said Sergeant Harris.


The father of three also aided the U.S. Marine Corps in the capture of eight enemy combatants, stymied ambushes by militants on 27 vehicle convoys and helped repel 55 insurgents armed with rocket propelled grenades, AK-47 assault rifles and machine guns.

"This career field took on a new wartime role securing convoys throughout Iraq and Kuwait," said Sergeant Harris, "and what the teams were able to accomplish as a whole speaks volumes of all vehicle operators."

Back home at Kadena, Sergeant Harris proved his merit by rewriting the documented cargo portion of the Vehicle Operations career development course. The up-to-date information will change the way four thousand Active Duty, Reserve and Air National Guardsman do day-to-day business. He also secured \$67,000 in funding by researching and arranging the purchase of critical equipment and supplies for 31 Operation Iraqi Freedom taskings.

"Though it is a huge honor to have the opportunity to represent Team Kadena, 5th AF, and PACAF," said Sergeant Harris, "It's very important to note that these awards are much bigger than one person."

"They represent the successes we've shared as a team - both deployed and here in garrison."











Base residents can pay their 2005 Japanese Road Tax from May 16 to 20 at the Key Service Theater from 9:00 a.m. to 5:00 p.m. The Japanese Title, JCI and American insurance, 2004 Road Tax receipt, JCI form 440 (Military Registration), and Vehicle Registration Questionnaire are required for processing. All taxes must be paid in yen. Upon payment of the tax, the new decal will be placed on vehicles. All vehicles without a new decal after June 1 will be stopped. Drivers without a tax payment receipt will be cited and prohibited from using their vehicles until the tax is paid. For more information, visit the Joint Vehicle Registration Office's Road Tax Web site at: www.mosato.suwa.mil.

PHASE 1

- Minicar: ¥3,000
- Motorcycle: ¥10,000 unless the motorcycle is less than 126 cc's. The tax payment for a small motorcycle is ¥500.
- Minicar and motorcycle taxes must be paid at Japanese city offices from 8:30 a.m. to noon, or from 1 to 5 p.m.

PHASE 2

- Passenger cars, vans and trucks with 44, 400, 51-59, 77, 78, 800 category license plates with engine displacements between 660cc and 2000cc: ¥7,500.
- 51-59: ¥7,500
- 77 & 78: ¥7,500
- 800: ¥7,500
- Vehicles with 33 or 300 category license plates with engine displacements from 2,000cc to 4,500cc: ¥19,000.
- 33 & 300: ¥19,000
- Passenger cars with 33 or 300 category license plates and engine displacements in excess of 4,500cc: ¥22,000.
- 33 & 300: ¥22,000
- Special use vehicles with 11, 103, 80 or 800 category license plates: 32,000 yen.



Photos by Air Force/Airman 1st Class Heather Tower

Appreciating Airmen

VOLLEYBALL: Staff Sgt. David DeRemer, 18th Communications Squadron videographer, returns a serve during a volleyball tournament at the Junior Enlisted Appreciation Day picnic May 6.

SERVING AIRMEN: Chief Master Sgt. Dean Hall, 353rd Special Operations Group command chief, serves a hotdog to Senior Airman Ferdinand Gross, 18th Communications Squadron videographer, at the Junior Enlisted Appreciation Day picnic May 6. Chief Hall, along with other senior NCOs prepared and served a free lunch to Kadena's E-6s and below at Marek Park.

Earn more money while deployed

By Army Capt. Patrick Sampsell
208th Finance Battalion

AFGHANISTAN — Do you remember when you were young being told “nothing good is ever free,” and “if it sounds too good to be true then it probably is”?

The U.S. government offers any servicemember serving in a designated combat zone, qualified hazardous duty area, or directly supporting of a combat zone, an opportunity to participate in a savings program that is free, guaranteed and fully backed by the U.S. government.

Whether active duty, Reserve or National Guard, servicemembers are eligible to contribute up to \$10,000 to a no-risk, no-fee, program that pays 10 percent annual interest, compounded quarterly. Moreover, they

can leave funds in the program for up to 90 days after redeployment and the account will continue to draw interest.

Servicemembers are able to contribute to their Savings Deposit Program account on a monthly basis. The maximum amount per month is limited to the individual's unallotted income, the amount remaining after the collection and payment of all existing taxes, allotments and debt obligations. Deposits to the program made on or before the 10th of the month accrue interest from the 1st of the month. Deposits made after the 10th of the month accrue interest from the first day of the following month.

Servicemembers are able to make deposits into the program after serving 30 consecutive days in a designated area or by spending one day per

month for three consecutive months in a designated area. To establish an account, visit the local finance office with a current Leave and Earnings Statement and make a deposit by cash, check or money order. With an appropriate power of attorney, outside parties can make deposits into the program, as long as it does not exceed the servicemember's monthly disposable income.

There are limitations on when the money may be withdrawn. It is intended that deposits made remain in the program at least until the person redeploy or moves. Withdrawals are limited during the time within the designated area to those necessary to preserve the health or welfare of the servicemember or their family. Additionally, any interest accruing in the account which causes the account to

exceed \$10,000 may be withdrawn quarterly. Money must be withdrawn within 90 days of exiting the designated area. Interest will be accrued for as long as 90 days after redeployment.

After 90 days, the money no longer accrues interest, but no penalties will be assessed either. The balance of the account will automatically be sent to the address provided by the account holder. To stop the allotment for the program, people must submit a DD Form 2558 upon arrival at home station.

The program provides a safe, no risk opportunity for servicemembers to earn a considerable interest benefit while serving in a combat zone, qualified hazardous duty area, or while participating in certain contingency operations directly supporting a combat zone.

KADENA SPOTLIGHTS

Congratulations to the following 2005 18th Component Maintenance Squadron Quarterly award winners:

- Airman: **Airman 1st Class Geoffrey Scarborough**
- NCO: **Staff Sgt. Robert Morgan**
- Senior NCO: **Master Sgt. David Nettlow**
- Company Grade Officer: **2nd Lt. Natasha McCabe**

Senior Airman Bennie Belvin, 18th Wing Command Post, was named Air Force Command Post Airman of the Year.

Congratulations to the following 390th Intelligence Squadron Air Combat Command award winners:

- ACC Information Management Outstanding Senior NCO of the Year: **Master Sgt. Antonio Walton**
- ACC Outstanding Information Assurance Professional of the Year: **Tech. Sgt. Brence Jenkins**
- ACC Enlisted Aircrewman of the Year: **Master Sgt. Jeffrey Johnson**

Congratulations to the following Air Force Medical Service annual winners:

- Company Grade Aerospace Physiologist of the Year: **1st Lt. Carrie Zuene**, 18th Aerospace Medicine Squadron
- Aerospace Physiologist NCO of the Year: **Tech. Sgt. Troy Trevino**, 18th AMDS
- Outstanding Medical Logistics Officer of the Year: **Capt. Matthew Krauchunas**, 18th Medical Support Squadron
- John Salustro Memorial Cardiopulmonary Excellence NCO of the Year: **Staff Sgt. Maria Lourdes Tiglaio**, 18th Medical Operations Squadron

Captain Aaron Larose, 18th Wing, was named the Pacific Air Forces officer nominee for the 2005 Airlift Tanker Association Young Leadership Award.

Staff Sgt. Joshua Caron, 18th Aeromedical Evacuation Squadron, was named the Pacific Air Forces enlisted nominee for the 2005 Airlift Tanker Association Young Leadership Award.

DoD to resume anthrax vaccinations

WASHINGTON—The Department of Defense will resume its Anthrax Vaccine Immunization Program, officials said May 3.

A memorandum signed April 29 allows military commanders to resume the vaccination program using the emergency use authorization conditions issued by the Food and Drug Administration on Jan. 27.

The program requires commanders to follow conditions very carefully, providing members of the armed services both education on the program and an option to refuse the vaccination without penalty.

This significant step allows the department to resume this vital protection measure for servicemembers who are at increased risk of exposure to anthrax attack, said Dr. William Winkenwerder, assistant secretary of defense for health affairs.

On April 6, the U.S. District Court for the District of Columbia granted the government's motion to modify the court's injunction against mandatory anthrax vaccination from Oct. 27, 2004.

Once vaccinations begin, DoD will provide an education and information program, including an FDA-approved

brochure, to inform potential vaccine recipients and healthcare providers that FDA has authorized the emergency use of anthrax vaccine to prevent inhalation anthrax. People will also be informed about the vaccine's benefits and side effects before they are asked to decide about vaccination.

For the most part, vaccinations during the period of the EUA will be limited to military units designated for homeland bioterrorism defense and to U.S. forces assigned to the U.S. Central Command area of responsibility and Korea.

Courtesy of Department of Defense News Service

Off we go...



Air Force/Airman 1st Class Stephanie Sinclair

Col. Brent Baker (left of center), 18th Mission Support Group commander, Chief Master Sgt. Clinton Camac, 18th Wing command chief, and Chief Master Sgt. Kenneth Gordon (right), 18th Logistics Readiness Squadron flight chief, high five Kadena Airmen outside Bldg. 96000 prior to deploying for Air Expeditionary Force 5 May 3. Around 500 Kadena Airmen have been tasked to deploy for the four-month rotation. Some career fields will deploy longer.



Members of the Kadena women's team try to synchronize their rowing as they push toward the halfway point of the Naha Dragon Boat Race match in Naha City May Yoriimiya and Sports Club Nack and finished third place overall for the women's category.



ABOVE: The Kadena men's team (top) follows closely behind the Okinawa Dragons (middle) and Japan Air Self Defense Force (bottom) teams. Kadena's men finished third in their heat and second overall for all the American military teams.

RIGHT: Members of the Kadena women's team row back to the dock after hearing they had taken first place in their race.



Air Force/Airman 1st Class Stephanie Sinclair
While wait
matchup d
people coul
and watch |
entertainers



Air Force/Airman 1st Class Stephanie Sinclair
e Kadena women's team placed first in a heat against the Ryukyu



Air Force/Airman 1st Class Stephanie Sinclair
Members of the Kadena men's team row their way out to the starting line to race against the Japan Air Self Defense Force and Okinawa Dragons teams. Each team in the competition was allowed 32-rowers, a gonger and oarsmen and translators for the American teams.



Class Stephanie Sinclair
or a particular
the boat race,
games (above)
nances by local
)



Air Force/Staff Sgt. C.E. Campbell
Nudori Kouchi (left), a cook from the Chinen Parlor in Naha City, prepares okonomiyaki for customers strolling through the festival area of the Naha Dragon Boat Races May 5. Kadena boat racers and fans had the opportunity to try traditional Okinawan cuisine such as okonomiyaki (cabbage omlette), yakitori (grilled chicken) and tako baru (octopus ball).



Air Force/Airman 1st Class Stephanie Sinclair
J.T. Thai with her daughter, Lauren, ride go carts in between races with American teams.

The Okinawa Perspective

The following is a synopsis of articles that appeared recently in Japanese newspapers.

□ U.S. officials confirmed that North Korea launched a short-range missile into the Sea of Japan May 1.

□ The Overseas Basing Commission, a mandated commission that reviews the nation's overseas military presence, recommended Monday that Marine Corp Air Station Futenma be relocated to either Kadena Air Base or Iwakuni Air Station in mainland Japan. The commission also recommended all other Marine assets in Okinawa stay in place to help maintain regional stability. In related news, an exhibition of photographs and newspapers of the Marine helicopter crash at Okinawa International University last summer is on display at the Ginowan City Office lobby. The exhibition calls for participation in a human chain protest around MCAS Futenma Sunday.

□ Richard Lawless, deputy undersecretary of defense for Asia-Pacific affairs, spoke with Japanese officials about the realignment of U.S. Forces in Japan. Lawless said more details on the realignment plan will come out in June.

□ The Japanese government is making arrangements to withdraw Japan Self Defense Forces from Iraq in December. According to government officials the plan coincides with the scheduled launch of the new Iraqi government and expiration of the U.N.-sanctioned multinational forces Iraq deployment.

□ The number of U.S. servicemembers transporting guns while participating in operations outside Okinawa doubled from 178 cases in 2003 to 390 cases last year. The Japan-U.S. Status of Forces Agreement has no specific provision on shipment of guns via local civilian airlines.

□ The Okinawa Meteorological Observatory announced the start of rainy season for Okinawa May 2. Rainy season typically ends in late June.



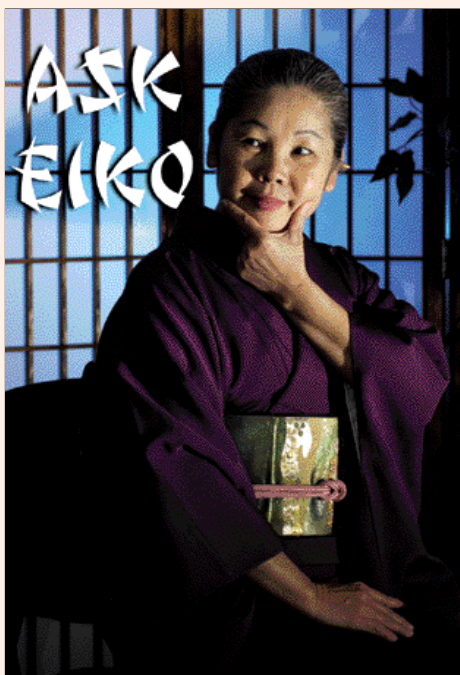
Air Force/Airman 1st Class Stephanie Sinclair

PACAF Band wows Golden Week crowds

Above: The Pacific Air Forces' band, "Pacific Trends," plays popular Japanese music during a concert at Jusco Gushikawa in Uruma City May 6. The six-member band played American and Japanese music for shoppers (left) enjoying the Golden Week holidays. Last week hundreds of thousands of Japanese workers throughout the country had most of the week off due to a string of holidays including Children's Day, Constitution Day and Earth Day.



"Ask Eiko" is a forum for readers to ask Japanese cultural questions to Kadena's family support center's cultural awareness expert, Eiko Ishikawa. To submit a question, send an e-mail to: kadena.nashogun.newspaper@kadena.af.mil with the subject line - ASK EIKO.



Q : My friend is pregnant and joked that she hoped her Mom was working on her Haraobi? What is that?

A : Literally, it is a "Belly Belt" - or to be more formal, a belt (obi) designed to cover and support the lower abdomen (hara) during pregnancy. The term haraobi is also used for a belt used in kendo and in the formal Japanese theater style known as Bunraku.

No one knows exactly when the practice began, but there are some interesting traditions regarding the use of the haraobi during pregnancy.

The belt is made of a very long, fairly wide white cloth. In ancient times the belt was put together by the female members of a bride's family, once it was known the bride was expecting a child. One research site I reviewed said

the bride's mother presented the belt during one of the lucky "dog days" of the fifth month of pregnancy.

These dog days are not related to the American "dog days of summer" saying, but to the ancient Chinese signs of the Zodiac. The Chinese divided the lunar calendar into a 60-year cycle using 12 branches, with each being a zodiac symbol represented by an animal. The symbols, in sequence, are rat, ox, tiger, rabbit, dragon, snake, horse, sheep, monkey, rooster, dog, and wild pig. These same 12 symbols are also used within each lunar month, one for each day following a 12-day cycle, so there are at least two days for each of the animals.

In addition to the 12 branches, the Chinese also used what are known as the Ten Celestial Stems as part of their calendar system. These stems are also cyclic in nature. Whether or not a particular day is considered "lucky" depends on the combination of the celestial stems and the Zodiac symbols when the calendar aspects are merged. [Note: If you want to know how really complicated this can get, the same 12 symbols are used to represent 2-hour blocks of time each calendar day. The Hour of the Dog is from 7 to 9 p.m. Scholars, astrologers, and fortune tellers spend their entire lives studying this.]

So why the emphasis on the dog? Based on observations during ancient times, it was believed that dogs have relatively easy birth experiences, so the wish is for the expectant mother to have the same easy and safe delivery of her child. The presentation of the haraobi was often accompanied by a visit to a temple to offer prayers for the same.

The belt itself also had a very practical purpose - it provided support and warmth for the abdomen and the forming child, and, when adjusted properly, also provided support to the back, making the expectant mother more mobile and comfortable. The belt was intentionally long so that it could be wrapped around the abdomen several times, giving extra warmth and support and allowing for loosening as the developing child grew.

In the olden days, particularly if it was a woman's first child, the haraobi was cut into pieces to be used as napkins and diapers after the child was born. If these items were already available, the haraobi could be used to help the new mother get her shape back.

Although the traditional haraobi is still used in some families, commercially made maternity belts have become more common.

Today

COPS VS. TEENS BASKETBALL: The teen center will host a cops versus teens basketball tournament starting at 5 p.m.

THUNDER BOWL: Join Emery Lanes for loud music and flashing lights while bowling from 10 p.m. to 1 a.m. Prizes can also be won throughout the night by answering trivia questions and doing other fun things.

LAP SWIM: Exercise by swimming laps from 5:30 to 7 a.m. and 4 to 6 p.m. at the Kadena High School pool. Call Outdoor Recreation at 634-2811 for more information.

KUMON MATH: Youth ages 5 to 18 can learn how to excel in math and develop superior study habits from 3 to 5:40 p.m. at the Schilling Community Center. Call 634-1387 for more information.

RIGHT HAND PERSONS EVENING: Join the Officers Club from 5 to 7 p.m. in the Weekender Lounge and treat the person you know you can always count on (your right hand person) to a big "thanks" for all they do.

DEJA VU FRIDAYS: Join the Rocker NCO Club for bar bingo in the lounge from 5 to 7 p.m. and variety with DJ Rough Rider from 5 to 9 p.m. followed by variety music until closing.

FLASHBACK FRIDAYS: Join the Banyan Tree Club for Flashback Fridays with DJ Zacko from 5 until 10 p.m. followed by Top 40 Virus.

Saturday

MOVIE IN THE PARK: Bring your blankets and lawn chairs to a movie in the park hosted by the Schilling Community Center at Marek Park starting at 8 p.m. Free popcorn and drinks will be provided.

PET ADOPTION DAY: Karing Kennels will hold a pet adoption day outside the Base Exchange lawn and garden area from 11 a.m. to 2 p.m.

COLORAMA: Knock down color pin combinations to win cash and prizes at Emery Lanes for Ryukyu Island Bowling Association Monthly Tournaments.

LOCK IN: Take your kids to the teen center for a Pacific Air Force lock-in from 9 p.m. to 7 a.m.

SAX, FLUTE, CLARINET LESSONS: One hour sessions from 7 a.m. to noon at the Schilling Community Center for ages 5 and up.

BATTLE OF OKINAWA TOUR: Call ITT at 634-4322 for more information.

BINGO: Join the Schilling Community Center for 10 exciting bingo games and lots of terrific prizes for the whole family starting at 2 p.m. Cards go on sale at 1 p.m.

SACRED PLACES, SHRINES AND TEMPLES TOUR: Call ITT at 634-4322 for more information.

TABLETOP WARRIORS CLUB: Join the Schilling Community Center for great tabletop gaming from 10 a.m. to 10 p.m. Games include Battletech, Warhammer, Warhammer40K, and Magic the Gathering.

PATCHWORK QUILTING CLASS: Learn the art of machine patchwork quilting and discover how to make useful household items out of old clothing and fabric scraps from 9 a.m. to 5 p.m. at the Schilling Community Center.

SATURDAY NIGHT FEVER: Join the Rocker NCO Club for Latin Night from 9 p.m. until closing in the lounge.

BANYAN TREE: Join the Banyan Tree Club for Kickin' it Country with DJ TNT in the ballroom from 8 p.m. until closing. Enjoy Soul 4 Real Saturday and R&B, Hip Hop, Reggae and Old School with DJ Nate Love and DJ Steel in the lounge from 8 p.m. to closing.

Sunday

RENT-A-LANE BOWLING: Up to five bowlers can rent a lane at Emery Lanes for \$15 and bowl for three hours from 8 a.m. to 11 p.m.

ZAMAMI ISLAND DAY TOUR: Call ITT at 634-4322 for more information.

POWER BOAT SAFETY COURSE: Fishing season is just around the corner so make sure you have your powerboat license by attending the power boat safety course at 9 a.m. (weather permitting) at Kadena Marina. Call the Kadena Marina Boating Office at 634-6541 for more information.

FAMILY BOWLING DAY: Join Emery Lanes and Skoshi Bowl for a dollar a game when parents and children bowl together from 8 a.m. to 11 p.m. A three-game limit may apply.

OKINAWA WORLD TOUR: Call ITT at 634-4322 for more information.

BATTLE OF THE BANDS: Sign up at the Schilling Community Center for Battle of the Bands III held May 29 at 1 p.m. at the Chibana baseball park.

PLANET VIBE SUNDAYS: Join the Rocker NCO Club for jazz with the Doctor from 5 to 8 p.m. followed by Top 40 hits until closing.

BANYAN TREE: Join the Banyan Tree Club for R&B in the lounge from 7 until 10 p.m.

Monday

SALSA DANCE: Adults can learn how to salsa at the Schilling Community Center from 8 to 9:30 p.m.

LAP SWIM: Exercise by swimming laps from 5:30 to 7 a.m. and 4 to 6 p.m. at the Kadena High School pool. Call Outdoor Recreation at 634-2811 for more information.

CAKE DECORATING: Learn the techniques for mastering the basics of cake decoration from 6:30 to 8:30 p.m. at the Schilling Community Center and have your next birthday cake go from boring to brilliant.

JAPANESE CONVERSATION: Adults can make friends with their Okinawan neighbors by learning practical conversation, and Okinawan customs and culture, from 7:30 to 9 p.m. at the Schilling Community Center.

FAMILY BOWLING DAY: Join the Skoshi Bowl for a dollar a game for parents and children bowl who together from 6 to 11 p.m. A three-game limit may apply.

ROCKER: Join the Rocker NCO Club for Rock around the Clock with CNote from 7 to 11 p.m. in the lounge.

BANYAN TREE: Join the Banyan Tree Club for games and a new jukebox with over 140,000 songs from 7 until 11 p.m.

Tuesday

PAINTBALL: Paintball is now available at Outdoor Recreation every Tuesday and Thursday from 2 to 6 p.m. Players are required to sign a release and hold harmless agreement. All players under 18 must have a form signed by a parent or legal guardian.

TAI CHI CH'AUN: Learn the Chinese art of Tai Chi involving slow motion moves and routines with numerous benefits to your health in this adult class from 5 to 6:30 p.m. at the Schilling Community Center.

LAP SWIM: Exercise by swimming laps from 5:30 to 7 a.m. and 4 to 6 p.m. at the Kadena High School pool. Call Outdoor Recreation at 634-2811 for more information.

ABACUS CLASS: Learn traditional Okinawan math Tuesdays and Thursdays from 4 to 4:30 p.m. or 4:30 to 5 p.m. at the Teen Center for youths ages 6 to 18. Fees include \$35 a month for members, \$45 for non-members, and additional fees for uniforms are required.

ROCKER: Join the Rocker NCO Club for Krazy Karaoke with KJ QTU and LT from 7 to 11 p.m.

BANYAN TREE: Join the Banyan Tree Club for Rock It! and a pool tournament from 7 until 10 p.m.

BANYAN TREE SPECIAL: Join the Banyan Tree Club on the patio every Tuesday from 11 a.m. to 1:30 p.m. for a charbroiled 8 oz. rib-eye steak, baked potato bar, corn on the cob, home-made rolls and butter, iced tea or coffee for \$7.95.

Wednesday

JAPANESE CONVERSATION: Adults can make friends with their Okinawan neighbors by learning practical conversation, and Okinawan customs and culture, from 7:30 to 9 p.m. at the Schilling Community Center.

LAP SWIM: Exercise by swimming laps from 5:30 to 7 a.m. and 4 to 6 p.m. at the Kadena High School pool. Call Outdoor Recreation at 634-2811 for more information.

LOVE MOTEL TOUR: Call ITT at 634-4322 for more information.

SALSA DANCE: Adults can learn how to salsa at the Schilling Community Center from 8 to 9:30 p.m.

TEEN FREE GUITAR LESSONS: Teen Center members can learn how to play different types of guitar for free from 5 to 6 p.m. at the Teen Center.

KEYSTONE CLUB: Make changes and improvements to the Teen Center by being a part of the Keystone Club from 3:30 to 4:30 p.m.

KUMON MATH: Youth ages 5 to 18 can learn how to excel in math and develop superior study habits from 3 to

What now?



Air Force/Airman 1st Class Stephanie Sinclair

Ashton Storey, 1, son of Staff Sgt. Amber Storey, 18th Logistics Readiness Squadron, tries to maneuver the ball into the hole during a Mother's Day putt-putt golf tournament at the Schilling Community Center Sunday. Approximately 30 mothers and children came out to celebrate the special day and win gift certificates.

5:40 p.m. at the Schilling Community Center. Call 634-1387 for more information.

DEEP GROOVE WEDNESDAYS: Join the Rocker NCO Club for jazz with the Doctor and Old School with CNote from 5 p.m. until closing.

OFFICERS CLUB FAMILY MEMBERSHIP NIGHT: Enjoy special family time together and a complimentary buffet from 5 to 7 p.m. at the Officers Club in the Kudaka room. Primary club members may bring their spouse, or one guest not eligible to be a club member, for free.

BANYAN TREE: Join the Banyan Tree Club for Request Night with DJ Keli from 7 to 11 p.m.

BANYAN MEMBERSHIP NIGHT: Adult Banyan Tree club members can enjoy a free buffet from 5 to 7 p.m. followed by entertainment, games and prizes until 9 p.m.

Thursday

BLENDED FAMILIES: Few challenges in life are more difficult than bringing the pieces of two families together. Past hurts, high hopes, pre-existing relationships, and different backgrounds can make this tough. Join the Family Support Center to explore how to bridge the gap and bring the pieces into peace in a blended family class from 9 to 11 a.m. Call 634-3366 to sign up.

PAINTBALL: Paintball is now available at Outdoor Recreation every Tuesday and Thursday from 2 to 6 p.m. Players are required to sign a release and hold harmless agreement. All players under 18 must have a form signed by a parent or legal guardian.

LAP SWIM: Exercise by swimming laps from 5:30 to 7 a.m. and 4 to 6 p.m. at the Kadena High School pool. Call Outdoor Recreation at 634-2811 for more information.

TAI CHI CH'AUN: Learn the Chinese art of Tai Chi involving slow motion moves and routines with numerous benefits to your health in this adult class from 5 to 6:30 p.m. at the Schilling Community Center.

ABACUS CLASS: Learn traditional Okinawan math Tuesdays and Thursdays from 4 to 4:30 p.m. or 4:30 to 5 p.m. at the Teen Center for youths ages 6 to 18. Fees include \$35 a month for members, \$45 for non-members, and additional fees for uniforms are required.

JAPANESE CALLIGRAPHY: Bring Japanese words to life at this adult class from 6:30 to 8:30 p.m. at the Schilling Community Center.

JAPANESE CONVERSATION: Adults can make friends with their Okinawan neighbors by learning practical conversation, and Okinawan customs and culture, from 10 to 11:30 a.m. at the Schilling Community Center.

RUB-A-DUB REGGAE THURSDAYS: Join the Rocker NCO Club for reggae with DJ Nate Love from 5 to 8 p.m. followed by Ladies Night with DJ RobSki until closing.

BANYAN TREE: Join the Banyan Tree Club for Fired Up Country with DJ TNT from 7 p.m. until 1 a.m.

May 20

U.S. CITIZENSHIP CLASS: Receive applications and information on becoming a U.S. citizen or receiving a Visa. Open to all ranks and services, military, dependents, and civilians. Call 634-3366 to register.

TEEN DANCE TOURNEY: Join the teen center for a Dance Revolution tournament starting at 6 p.m.

BOWLING LOCK-IN: Let the

Skoshi Bowl lock up your kids ages 6 to 12 and feed and entertain them for \$20 from 8 p.m. to 8 a.m.

YOUTH BALLOON TOSS: Join the youth center for balloon toss and other balloon games from 4 to 5 p.m.

YOUTH HAT DANCE: Wear your favorite hat or create a handmade hat for a chance to win a prize at the youth center hat dance from 7 to 9 p.m. for youths ages 6 to 8.

THUNDER BOWL: Join Emery Lanes for loud music and flashing lights while bowling from 10 p.m. to 1 a.m. Prizes can also be won throughout the night by answering trivia questions and doing other fun things.

URASHIMA DINNER THEATER TOUR: Call ITT at 634-4322 for more information.

MOVIES	
Patrons should call Keystone Theater at 634-1869 or Butler Theater at 645-3465 to verify movie titles, showtimes and ratings.	
Keystone Theater	
▲ Today.....	Ice Princess, <i>G</i> , 6 p.m. *Amityville Horror, <i>R</i> , 9 p.m.
▲ Saturday.....	The Ring Two, <i>PG-13</i> , noon Ice Princess, <i>G</i> , 4 p.m. *Amityville Horror, <i>R</i> , 7 p.m.
▲ Sunday.....	The Ring Two, <i>PG-13</i> , noon Ice Princess, <i>G</i> , 4 p.m. *Amityville Horror, <i>R</i> , 7 p.m.
▲ Monday.....	*XXX:State of Union, <i>PG-13</i> , 7 p.m.
▲ Tuesday.....	*XXX:State of Union, <i>PG-13</i> , 7 p.m.
▲ Wednesday....	Ice Princess, <i>G</i> , 7 p.m.
▲ Thursday.....	*A Lot Like Love, <i>PG-13</i> , 7 p.m.
Butler Theater	
▲ Today.....	*A Lot Like Love, <i>PG-13</i> , 7 p.m. The Ring Two, <i>PG-13</i> , 10 p.m.
▲ Saturday.....	Ice Princess, <i>G</i> , 1 p.m. Ice Princess, <i>G</i> , 4 p.m. Million Dollar Baby, <i>PG-13</i> , 7 p.m. The Ring Two, <i>PG-13</i> , 10 p.m.
▲ Sunday.....	Ice Princess, <i>G</i> , 1 p.m. Ice Princess, <i>G</i> , 4 p.m. Diary Mad Black Woman, <i>PG-13</i> , 7 p.m.
▲ Monday.....	*A Lot Like Love, <i>PG-13</i> , 7 p.m.
▲ Tuesday.....	Million Dollar Baby, <i>PG-13</i> , 7 p.m.
▲ Wednesday....	Diary Mad Black Woman, <i>PG-13</i> , 7 p.m.
▲ Thursday.....	*XXX:State of Union, <i>PG-13</i> , 7 p.m.
* First Run shows are marked by a star	

C H A P E L	
Catholic.....	
▲ Monday through Friday	: Mass, Chapel 2, noon.
▲ Saturday	: Confession, Chapel 2, 3:30 to 4:30 p.m. Vigil Mass, Chapel 2, 5 p.m.
▲ Sunday	: Mass, Chapel 3, 8:45 a.m. Mass, Chapel 1, 12:30 and 5 p.m.
Protestant.....	
▲ Wednesday	: Bible Study, Chapel 2, 7 p.m.
▲ Sunday	: Inspirational, Chapel 2, 8:30 a.m. Liturgical, Chapel 3, 8:45 a.m. Evangelical, Chapel 1, 9 and 10:45 a.m. General Protestant, Chapel 2, 10:30 a.m. Gospel, Chapel 3, 10:30 a.m. Sunday school, Bldg. 326 & 327, 10:45 a.m.
▲ Hindu service:	Mondays, Chapel 1, noon.
▲ Eastern Orthodox services:	Call 645-7486
▲ Jewish services:	Call 637-1027
▲ Islamic services:	Call 636-3219



May fitness month events

Track Event

Today

Put on your running shoes and submit a five-person team in a 4 x 400 relay and 40 yard dash at 4 p.m.

Armed Forces 5K America's Kids Run

Saturday

The Armed Forces 5K Run/Walk will be held at 8 a.m. at the Risner Fitness Center. Register at the Risner Tennis Center at 7:30 a.m. and collect a t-shirt. For more information about the America's Kids Run, call Youth Sports at 634-1384.

Trek to Okuma

Saturday and Sunday

Ride to Okuma at 7 a.m., stay the night, then ride back to Kadena the next day at 7 a.m. A \$25 fee includes a t-shirt, gym bag, sleeping accommodations, pasta dinner and continental breakfast. Two-person tents, coolers with ice, sleeping bags, coupon packages and the movie Breaking Away will be provided. Limited to 40 participants.

Nutrition and Weight Management Seminar

Monday

A Performance Nutrition and Weight Management Seminar conducted by John Moore, one of Risner's top personal trainers will be held at 9 a.m. at the Risner Fitness Center.

Healthy Cooking Display and Taste Test

Wednesday

Sample healthy foods that truly taste good at the Risner Fitness Center at 2 p.m. Recipes will be available for customers to take home, as well as great prizes from a raffle drawing.

Racquetball Ladder Tournament

Through May 20

Reach your way to the top of the Racquetball ladder by challenging individuals to a friendly competition at the Risner Fitness Center. For more information and rules, visit the Risner Fitness Center.

Basketball Tournament

May 27

A three-on-three basketball tournament and Hot Shot competition will be held at 2 p.m. May 27 at the Risner Fitness Center. Put your teams together now. Deadline for sign-ups is May 26.

Aerobathon

May 30

A Memorial Day Aerobathon will be held from 8 to 11 a.m. May 30 at the Risner Fitness Center. This three-hour event offers a wide variety of aerobic formats including step, cardio funk, total body conditioning and more. A free t-shirt will be given to the first 70 participants to complete the entire three-hour workout.

Thin Thursday

Every Thursday in May

Stop by the Risner Fitness Center between the hours of 8 to 11 a.m. or 1 to 6 p.m. every Thursday in May to get a body fat assessment done and see how thin you really are.

For more information about these events, visit or call the Risner Fitness Center at 634-5128. All events are subject to change due to mission requirements.

A friendly game of golf



Air Force/Staff Sgt. Maritza Freeland

Maj. Gen. Yoneo Hagiwara, vice commander of the Southern Composite Air Division of Japan Air Self Defense Forces, sinks a three-foot putt for par in the company of Brig. Gen. Jan-Marc Jouas, 18th Wing commander, during the Fourth Annual Friendship Golf Tournament April 29 at the Banyan Tree Golf Course. The event hosted 82 local Okinawan civic leaders paired with 82 Kadena leaders for a friendly game of golf.



SETTING UP THE TEE: Col. Regan Salamander, 18th Dental Squadron, gets ready to tee off during the Friendship Golf Tournament.

TRAPPED: Chief Master Sgt. Bernard LeCarpentier, 18th Communication Squadron, works his way out of a sand-trap during the tournament April 29.

Risner and HAWC May fitness month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Trim-A-Ton Weigh-in Racquetball Ladder starts	2 T-A-T weigh-in Tobacco Cessation: noon to 1 p.m./HAWC	3 T-A-T weigh-in	4 T-A-T weigh-in Free Chair Massage: 3 to 5 p.m.	5 Thin Thursday: 8 to 11 a.m. and 1 to 6 p.m.	6 Fitness Challenge: 4 p.m. Free Chair Massage: 3 to 5 p.m.	7 Kadena's Strongest: register at 9 a.m.; starts at 10 a.m.
8 Martial Arts Demo: 11 a.m. to 1 p.m.	9 Tobacco Cessation: 4 to 5 p.m. Running Clinic: 1 p.m.	10 Doing Good, Feeling Good: 1 to 4 p.m./HAWC	11 Health Fair: 11 a.m. to 2 p.m. Free Chair Massage: 3 to 5 p.m.	12 Thin Thursday: 8-11 a.m. and 1-6 p.m. Fast Food Facts: 1 a.m./HAWC	13 Track Competition: 4 p.m. Commissary Tour: 9-10 a.m./HAWC	14 Armed Forces 5K: 8 a.m. America's Kids Run: Youth Sports Trek to Okuma
15	16 Nutrition and Weight Management: 9 a.m.	17 Healthy Heart: 10 a.m. to noon/HAWC	18 Healthy Cooking Display: 2 p.m. Free Chair Massage: 3 to 5 p.m.	19 Nutrition/Fitness 101: 1:30 to 3:30 p.m./HAWC	20 End Racquetball Ladder Free Chair Massage: 3 to 5 p.m.	21
22	23	24	25	26	27 3 on 3 basketball tournament: 2 p.m. T-A-T weigh-outs	28 T-A-T weigh-outs
29 T-A-T weigh-outs	30 T-A-T weigh-outs Memorial Day Aerobathon - 8 to 11 a.m.	31 T-A-T weigh-outs	1	2	3	4

Special Olympics

Volunteer Briefing

June 14-15

The Kadena Special Olympics briefings for all volunteers will be held June 14 at 9 a.m. and June 15 at 3 p.m. in the Keystone Theater. Anyone signed up as a volunteer is encouraged to attend this briefing to receive an overview and have the opportunity to ask questions.

Special Olympics

June 18

The Kadena Special Olympics is one of the top intercultural programs hosted by the 18th Wing involving many mentally and physically challenged ath-

letes and their families. Since the majority of athletes are from local Okinawan schools and welfare workshops, the Special Olympics Committee needs many interpreters on the day of the event. Interpreters will be tasked to escort the athletes and families to each venue, assist in serving lunch, explain the rules of the games, and cheer on the athletes during events. If you would like to volunteer or have any questions about the event, contact Chiemi Karimata, 18th Services Squadron, at 634-1197 or 090-9781-7552 or sign-up on the Kadena intranet by clicking on the Special Olympics site.